

LOUISIANA WIC APPROVED FOOD LIST

Effective 10/01/11

INFANT FORMULA

Enfamil Gentlease
Enfamil Powder ProSobee Case
Enfamil Premium Infant w/ Iron Case

INFANT CEREAL

Any brand
8 oz box only
Plain, dry
Least Expensive brand

Not Allowed:

Organic
Flavored cereal (fruit, yogurt,
formula) canned, ind. servings

INFANT FOODS

Fruits and Vegetables

4 oz jar only
Single ingredient only (e.g., bananas or
peas)

Beech-Nut (Stage 2), **Gerber** (2nd
Foods), & **Nature's Goodness** (2)

Allowed Fruit Flavors: Applesauce,
Bananas, Peaches, Pears, Plums

Allowed Vegetable Flavors: Butternut
Squash, Carrots, Golden Sweet
Potatoes, Green Beans, Peas, Squash,
Sweet Peas, Sweet Potatoes, Winter
Squash, Young Green Beans

Not Allowed:

Organic
Added sugars, starches, or salt
DHA
Mixed fruits or vegetables
Added cereal or yogurt
Desserts or dinners
Multipacks

Meats/Poultry

2.5 oz jar only
Single ingredient with broth or gravy
(e.g., turkey & turkey broth)

Beech-Nut (Stage 1), **Gerber** (2nd
Foods), **Nature's Goodness** (2)

Allowed Meats/Poultry: Beef, Chicken,
Lamb, Turkey & Veal

Not Allowed:

Organic
Added sugars, starches, or salt
Added fruits, vegetables, rice or pasta
Dinners
Multipacks

MILK

Homogenized - Skim, Low Fat (1%),
Reduced Fat (2%) & Whole

Gallon & Quart containers (must be
dispensed as printed on the food instrument)
Least Expensive brand
Unflavored Milk only
Pasteurized

Not Allowed:

Flavored Milk
Goat's Milk
Buttermilk
Organic Milk
Raw (unpasteurized)
Sweetened condensed milk

Lactose-Reduced/Lactose-Free

Fat Free, Low Fat (1%), Reduced Fat
(2%), Whole

Half-gallon & Quart containers
Must be printed on food instrument
Unflavored Milk only
Least Expensive brand

Not Allowed:

Flavored Milk
Organic Milk

Soy Beverage (Milk Substitute)

8th ~~Continent~~ brand only
Half-gallon containers
Any flavor
Must be printed on food instrument

CHEESE

**American, Medium Cheddar, Mild Cheddar,
Mozzarella (part skim) & Swiss**

8 and 16 oz packages

100% Pasteurized

Block or Sliced (not individually wrapped)
**Less fat, Fat free, Reduced fat, Less fat &
Lite varieties are approved**
Least expensive brand

Not Allowed:

Cheese spread
Flavored cheese
Shredded cheese
Cubed cheese
Cheese from a delicatessen (deli cheese)
Processed cheese food
Cheese with peppers or spices
Organic cheese
Cheese product
Grated cheese
Random Weight

EGGS

Dozen containers only
White chicken eggs
Large size only
Least Expensive brand

Not Allowed:

Extra large, Jumbo, Medium, or Small
Specialty eggs (free range, Eggsland Best)
Brown eggs
Egg substitutes
Organic eggs

PEANUT BUTTER

18 oz container only
Smooth, crunchy or whipped
Any brand
Low sodium and low sugar is allowed

Not Allowed:

Organic peanut butter
Added ingredients (honey, jelly, etc)

DRY BEANS/PEAS

1 lb package only
Any brand
Must be printed on food instrument
Plain, dry, mature

Beans – Types allowed:

Black, Kidney, Lima (small & large), Navy,
Pinto & Soy

Peas – Types allowed:

Black-eyed, Chick, Lentils & Split

Not Allowed:

Canned, fresh or frozen
Soup mixes
Beans/Peas with added flavoring
Organic beans/peas

TUNA FISH

5 – 6 oz cans only
Any brand
Packed in oil or water
Regular or low sodium is allowed
Dolphin safe
Light, dark or blended

Not Allowed:

Albacore solid white
Flavored or seasoned
Organic Tuna
Diet Tuna
Foil packs/pouches

PINK SALMON

5 – 6 oz cans only
**Starkist, Chicken of the Sea or
Bumble Bee** brands
Packed in oil or water
May contain bones or skin
Regular or lower sodium content

Not Allowed:

Red, Blue Back, Specialty or Diet Salmon
Organic Salmon

FRESH FRUITS & VEGETABLES

Any brand/Any Variety (excluding white potatoes)

Allowed:

Whole or pre-cut fruit or vegetable. Pre-cut may be packages or containers (e.g., bagged salad, pineapple in plastic container).

Yams and sweet potatoes.

Organic is allowed

Not Allowed:

Potatoes, herbs, & spices

Any potatoes, except orange yams and sweet potatoes.

Bagged greens (e.g., lettuce, spinach, etc.) with other ingredients such as croutons or dressing.

Party trays or fruit baskets

Decorative & ornamental fruits and vegetables (e.g., garlic on a string, gourds, etc.).

Salad bar items

Dried fruit and nut mixtures

Peanuts or other nuts

Herbs and Spices – (not allowed)

Anise	Marjoram
Basil	Mint
Bay Leaves	Oregano
Caraway	Parsley
Chives	Rosemary
Cilantro	Sage
Dill	Tarragon
Horseradish	Thyme
Lemon grass	Vanilla Beans

100% FRUIT JUICE

Frozen Juice - 11.5 – 12 oz

Doie - Pineapple, Pineapple Orange & Pineapple Orange Banana

Seneca - Apple, Grape (purple)

Welch's – 100% Grape (white & purple)

Grapefruit – Allowable Brands:

Minute Maid, Flavorite, Great Value, Shur Fine, Albertson's, Piggly Wiggly, IGA, & Top Frost

Orange - Allowable Brands:

Minute Maid, Flavorite, Hy Top, Shur Fine, IGA, Albertson's, Price Saver, Best Yet, Tropicana, Piggly Wiggly, Crisp, Great Value, & Top Frost

Single Strength Juice – 64 oz

Plastic Containers (shelf stable)

Campbell's – Tomato, V-8 (no spicy or picante)

Welch's – 100% Grape (white & purple)

Nestle – Juicy Juice – Allowable Flavors:

Apple Banana, White Grape, Punch, Apple, Apple Raspberry, Cherry, Orange Tangerine, Strawberry Banana

Lucky Leaf – Apple

Tropicana – Orange

Northland – Cranberry Grape

BREAD – 100% WHOLE

GRAIN

16 oz loaf

Nature's Own, Sugar Free, 100%

Whole Grain

Roman Meal, Sungrain, 100% whole wheat

Sara Lee, Classic, 100% whole wheat

Wonder, Soft, 100% whole wheat

Not Allowed:

White bread

Buns

Rolls

Bagels

Frozen dough

Organic bread

BROWN RICE

16 oz box/bag

Riceland and Cajun Country brands only

Not allowed:

White rice

Flavored rice

Wild rice

Rice Mixes

Organic rice

CEREAL

12, 14, 18, 24, or 36 oz box/bag only

(EXCEPTIONS: GM Rice Chex (12.8 oz) & Quaker Instant Oatmeal (11.8 oz))

General Mills

Cheerios (plain)

Honey Kix

Rice Chex

Multi Bran Chex

Kellogg's

Unfrosted Mini Wheats,

Bite Size

Corn Flakes, (plain)

Malt –O-Meal

Mini Spooners, Frosted

Mini Spooners, Strawberry

Cream

Post

Honey Bunches of Oats, Honey Roasted

Honey Bunches of Oats, Vanilla Clusters

Quaker

Oatmeal Squares, Hint of

Brown Sugar

Oatmeal, Old Fashioned

Instant Oatmeal, Regular flavor

Instant Grits, Any flavor

B & G Foods

Cream of Wheat, 2 ½ minute,

Plain flavor